

Crawfish & Rice

A snappy combination



Crawfish and rice, the natural combination. Easy to prepare, nutritious and delicious, these extraordinary recipes are sure to become favorites at your table.

Not only do crawfish and rice taste good, but are good for you. This low fat, high protein combination is a good source of iron, niacin, thiamin and calcium. A ¼ pound serving of crawfish tail meat and a ½ cup serving of cooked rice each has only 82 calories.

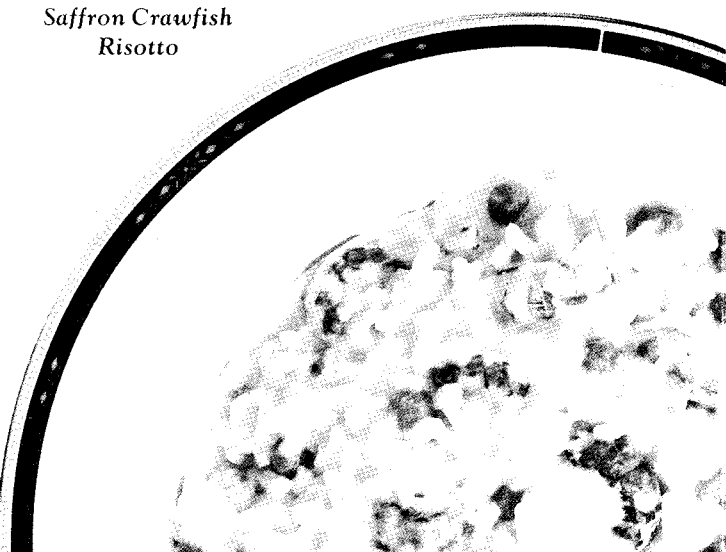
Crawfish can be purchased live or cooked, whole or peeled, fresh or frozen. Modern processing methods allow the delectable tail meat to be available year-round. About seven pounds of live crawfish will yield one pound of peeled tail meat.

Rice is available in several types and forms, any one of which can be used in these recipes. When cooking rice, follow package directions or use this easy method:

1 cup uncooked rice	Liquid	Cooking time
Regular-milled long grain	1 ¾ to 2 cups	15 minutes
Regular-milled medium or short grain	1 ½ cups	15 minutes
Brown	2 to 2 ½ cups	45 to 50 minutes
Parboiled	2 to 2 ½ cups	20 to 25 minutes
Precooked	Follow package directions	

Combine 1 cup rice, liquid (see chart above), 1 teaspoon salt (optional), and 1 tablespoon butter or margarine (optional) in 2- to 3-quart saucepan. Heat to boiling; stir once or twice. Lower heat to simmer; cover with tight-fitting lid. Cook according to time specified on chart. If rice is not quite tender or liquid is not absorbed, replace lid and cook 2 to 4 minutes longer. Fluff with fork.

Saffron Crawfish Risotto



Bayou Salad

Bayou Salad

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| 1 pound (2 ½ cups)
peeled cooked crawfish
tails | ⅓ cup each sliced ripe
olives and diced green
pepper |
| 2 cups cooked rice | ½ cup Italian salad
dressing* |
| 1 cup sliced celery | Lettuce leaves |
| ½ cup quartered cherry
tomatoes | |

Combine all ingredients except lettuce in large bowl. Serve on lettuce leaves.

Makes 6 servings.

**Any type of salad dressing may be used.*

Each serving provides 216 calories, 12.5 g. protein, 10.6 g. fat, 17.0 g. carbohydrate, 380 mg. sodium, and 50 mg. cholesterol.

Saffron Crawfish Risotto

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| ½ cup chopped onions | ¼ cup grated Parmesan
cheese |
| 1 tablespoon butter or
margarine | ¼ teaspoon salt |
| 1 cup uncooked rice | ¼ cup heavy cream |
| Pinch saffron* | 1 teaspoon lemon juice |
| ⅓ cup dry white wine | ¼ teaspoon hot pepper
sauce |
| 2 cups chicken broth | |
| 1 ½ cups green peas | |
| ½ pound (1 ¼ cups)
peeled cooked crawfish
tails | |

Cook onions in butter in large skillet over medium-high heat until soft. Add rice and saffron; stir 2 to 3 minutes. Add wine; stir until absorbed. Stir in 1 cup broth; cook, uncovered, stirring frequently, until broth is absorbed. Continue stirring and adding remaining 1 cup broth and

3 cups water, allowing each cup to be absorbed before adding another, until rice is tender and mixture has a creamy consistency. It will take approximately 25 to 30 minutes. Stir in remaining ingredients and cook until thoroughly heated, about 2 minutes.

Makes 6 servings.

**Ground turmeric may be substituted.*

Each serving provides 258 calories, 11.7 g. protein, 7.2 g. fat, 33.3 g. carbohydrate, 643 mg. sodium, and 44 mg. cholesterol.

Quick Crawfish Jambalaya

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| 2 | tablespoons butter or margarine | 1 | teaspoon each salt and poultry seasoning |
| 1 | cup each chopped green peppers and sliced celery | 1 | clove garlic, minced |
| 1 | cup sliced green onions, including tops | 1/8-1/4 | teaspoon ground red pepper |
| 1 | can (14½ ounces) peeled whole tomatoes, chopped | 1½ | cups chicken broth |
| | | 1 | pound (2½ cups) peeled cooked crawfish tails |
| 1 | cup uncooked rice | | |

Melt butter in large skillet. Add green peppers, celery, and onions; cook over medium heat until tender but not brown. Stir in remaining ingredients except crawfish. Bring to a boil. Stir once or twice; reduce heat, cover, and simmer 25 to 30 minutes or until rice is tender. Mixture should be slightly moist. Stir in crawfish and cook until thoroughly heated, about 2 minutes.

Makes 6 servings.

Each serving provides 233 calories, 14.6 g. protein, 4.7 g. fat, 32.3 g. carbohydrate, 992 mg. sodium, and 61 mg. cholesterol.

Quick Crawfish Jambalaya





Gulf Coast Stir-Fry

Three-Cheese Rice Quiche

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|-----------------------------------|---------------------------------|
| 1/2 cup chopped onions | 1/2 cup (2 ounces) <i>each</i> |
| 1 tablespoon vegetable oil | shredded Swiss cheese |
| 2 cups cooked rice | and shredded mozzarella |
| 1 medium fresh tomato, | cheese |
| chopped, drained, | 5 eggs, beaten |
| divided | 2/3 cup light cream |
| 1/4 teaspoon <i>each</i> salt and | 1/2 teaspoon seasoned salt |
| ground black pepper | 1/4 teaspoon <i>each</i> ground |
| 1 cup chopped cooked | nutmeg and ground red |
| spinach | pepper |
| 1/2 pound (1 1/4 cups) | 1/4 cup grated Parmesan |
| peeled cooked crawfish | cheese |
| tails | |

Cook onions in oil in large skillet over medium heat. Stir in rice, all but 1/4 cup tomato, salt, and pepper; cook an additional 2 to 3 minutes. Press rice mixture into greased 8-inch baking dish. Spread spinach over rice mixture; top with crawfish, then with Swiss and mozzarella cheeses. Combine eggs, cream, seasoned salt, nutmeg, and red pepper in small bowl; pour over cheese layer. Sprinkle reserved 1/4 cup tomato, then Parmesan cheese on top. Bake at 350 degrees 35 to 40 minutes, or until firm and golden brown.

Makes 6 servings.

Each serving provides 313 calories, 20.2 g. protein, 17.6 g. fat, 17.9 g. carbohydrate, 574 mg. sodium, and 285 mg. cholesterol.

Gulf Coast Stir-Fry

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|----------------------------|--------------------------|
| 1 clove garlic, minced | 1 cup chicken broth |
| 1 tablespoon vegetable oil | 1 tablespoon soy sauce |
| 1 large onion, cut in | 2 tablespoons cornstarch |
| chunks | 1 pound (2 1/2 cups) |
| 1 green pepper, cut in | peeled cooked crawfish |
| strips | tails |
| 1 cup <i>each</i> sliced | 3 cups hot cooked rice |
| mushrooms and fresh or | Additional soy sauce |
| frozen snow peas | (optional) |
| 1 can (8 ounces) sliced | |
| water chestnuts, drained | |

Heat oil with garlic in large skillet or wok over high heat. Add onion, pepper, mushrooms, snow peas, and water chestnuts; stir-fry until vegetables are tender crisp. Blend broth with soy sauce and cornstarch. Stir in crawfish and broth mixture. Cook until sauce is thickened and bubbly. Serve over hot rice. Serve with soy sauce, if desired.

Makes 6 servings.

Each serving provides 242 calories, 15.2 g. protein, 3.0 g. fat, 37.7 g. carbohydrate, 527 mg. sodium, and 50 mg. cholesterol.

Crawfish Etouffée

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| 1 cup <i>each</i> chopped onions | 1/2 cup chicken broth |
| and chopped green | 1/2 teaspoon hot pepper |
| peppers | sauce |
| 1/2 cup chopped celery | 1/4 cup snipped fresh |
| 2 cloves garlic, minced | parsley |
| 1/4 cup butter or margarine | 1 teaspoon salt |
| 1 pound (2 1/2 cups) | 1/8 teaspoon <i>each</i> ground |
| peeled cooked crawfish | black pepper and |
| tails | ground red pepper |
| 1 can (10 3/4 ounces) | 3 cups hot cooked rice |
| condensed cream of | |
| celery soup* | |

Cook onions, green peppers, celery, and garlic in butter in large skillet over medium-high heat until tender crisp, about 3 to 4 minutes. Stir in remaining ingredients except rice; simmer uncovered 10 to 15 minutes. Serve over hot rice.

Makes 6 servings.

**Condensed cream of mushroom soup may be used.*

Each serving provides 289 calories, 14.5 g. protein, 10.6 g. fat, 33.1 g. carbohydrate, 1084 mg. sodium, and 76 mg. cholesterol.



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